

## **Abstract**

**Title:** Individual performance development of female heptathletes

**Objectives:** The aim of the study was to determine the efficiency of racing performance female heptathletes and use these results to analyze the evolution of performance in the heptathlon. Using a statistical program to compare the results ERP Czech and world female heptathletes and discover their similarities or differences. The results also indicate the development of Czech and world record in the heptathlon and compare it with the best in individual years.

**Methods:** The work was a qualitative research. Evaluation was based on data collected through the method of analysis of documents. Data were obtained from score cards and tables. When comparing the best performances EZV and development of Czech and world record I use the method of comparison and retrospective analysis of documents. I further data analyzed with descriptive statistics.

**Results:** It was found that the results EZV Czech and world female heptathletes is not a statistically significant difference. However, even if the results are similar EZV best performances Czech female heptathletes are lower. Development of the world record since 1988 is unchanged, but the best performances of each year tend to have a downward trend. In contrast, the Czech record in the heptathlon was multiplied in recent years and improved performance of the Czech female heptathletes rising.

**Keywords:** athletic, heptathlon, analysis, performance, efficiency racing performance